

COA Official Town website: www.carlislema.gov/coa

Friends of COA: www.carlisle.org/foccoa

66 Westford Street Carlisle, MA 01741

Message from the Director

Hello All,

Spring is in the air (hopefully) and we may all be getting a little stir crazy. Luckily, April does not lack for opportunities to get out and about, whether it's to try an exercise class through the COA or RecCom, attend a COA breakfast or lunch event, or joining Joanne Willens in one of her upcoming sojourns to local restaurants (check out the listings on page 3 and let her know, if you're interested).

April in Carlisle also brings the opportunity to join in activities at the Gleason Public Library, whether it's one of the 2017 Spring Lecture series topics, "Oh My Aching Back!" or "From Paganini to Penguins: An Emergency Medicine Doctor's Travels with the BSO and Beyond." More on both can be found on the back page of this newsletter (don't forget to reserve your spot through the Library). There is also a health related Community Conversation in late April at the Library (see page 6) called "Balance Your Brain, Balance Your Spine, Enhance your Health."

Join us for the annual intergenerational Student Council Tea at the Carlisle Public School. Share some refreshments, play games with our talented Middle School students, and if the mood strikes join in for a sing along with choral members. Or, go see the dress rehearsal of the Concord Players production of "The Producers."

Feeling the need to connect with your creative side, there's two of the very popular (and free) Silk Scarf Painting classes in April, one for newcomers and the other open to

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all, as well as an "Art in Bloom Roadshow" from the MFA in late April at the Congregational Church, which is open to all ages (see page 7 to register). Whatever your fancy, it's time to get out of the house and get moving.

Warm Regards, David



Student Council Tea Thursday, April 27, 1pm



The Carlisle Student Council invites all Carlisle seniors to tea Thursday, April 27, 1-2pm in the Carlisle Public School's Community Room. Come enjoy a lovely afternoon with our talented students, have some refreshments, play some games, and talk with our hosts and fellow seniors. Tara Callahan, choir director, will offer a sing-along during the second half of the Tea. The students are looking forward to seeing the seniors again! Please call the COA (978) 371-2895 by noon on Thursday, April 20 to register for this lovely event.



COA Hours

Monday - Friday
9am - 3pm

(978) 371-2895 Office
 (978) 371-6690 Van line
 (978) 371-6693 Director

COA Staff

Director: David Klein
 dklein@carlisle.mec.edu
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Carlisle Council on Aging, Carlisle, MA

06-5075

TRANSPORTATION



Van Line Reservations: (978) 371-6690 or email: coaride@carlisle.mec.edu

COA transportation services are available to all senior & adult disabled Carlisle residents during COA office hours.

Donations/Fees*

Van rides within Carlisle **FREE**; rides within 15 miles, suggested donation \$2, Van rides over 15 miles, \$5. *Parking fees are the responsibility of the rider.

Transportation reservations

Call at least business 2 days in advance if possible. We do not provide rides to Boston or Cambridge at this time. Please call 911 for Emergency.



Carlisle Transportation Services (CTS)

To meet your alternative transportation needs, consider Carlisle's latest option, Flow Transportation Services. Flow can be reached at (978) 602-5606 for ride scheduling. Please call a minimum of 48 hours before your trip. Discount voucher-tickets for Carlisle seniors or those with disabilities may be purchased at the COA office at Town Hall. One-time registration for the voucher discount program is required. More info on the service & pricing is available at <http://carlisletransportation.com/cts-transportation/> or call the COA at (978) 371-2895.

Local grocery/Shopping trips

Every Friday morning at 9am is the Weekly Grocery Shopping Trip to Market Basket in Westford. **FREE** van ride. Call to make reservations at (978) 371-6690.

Shuttle pick-up for the COA monthly lunch at FRS

Benfield Farms pickup at 11am, Village Court at 11:15am and Congregational Church at 11:30am. Please call the van line to confirm ride attendance.

RESTAURANT REVIEW / DAY TRIPS / THEATRE

Ken's NY Deli & Brick Oven Pizzeria

Monday, April 3



Join us as we travel to Ken's NY Deli in Bedford. Van leaves VC at 10:45am, CC at 11am, returning 2-3pm. Van fee \$2. Please contact Joanne Willens at (978) 371-8023 to register.



Nancy's Airfield Café

Wednesday, May 17

We are off to Nancy's Airfield Café in Stow for some fresh food prepared with love and from locally-sourced ingredients. Van leaves VC at 10:15am, CC at 10:30am, returning 2-3pm. Van fee \$2. Please register with Joanne Willens at (978) 371-8023.

I Loved, I Lost, I Made Spaghetti

Wednesday, June 14, 2pm



Come see another great show at Stoneham Theatre. Van leaves VC at 11:15am and CC at 11:30am. Returning between 5-6pm. Ticket price is \$37/pp. Lunch on your own at Felicia's Restaurant. To register, please contact Lillian DeBenedictis at (978) 369-1848 by no later than Friday, May 12.

The Old Mill Restaurant & Grounds

Wednesday, April 19, Westminster, MA

Join us on a daytrip to the historic Old Mill Restaurant and grounds. Lunch on your own. The van leaves VC at 10:15 & CC at 10:30 am. Returning around 3 pm. Van fee \$5. Please contact Joanne Willens at (978) 371-8023 to register by noon, Wednesday, April 12.



Day Trip to Portsmouth, NH

Wednesday, May 24

Join us for a wonderful day in Portsmouth, NH on Wednesday, May 24. We start with the Strawberry Banke Museum – a 10-acre living history museum with wonderful gardens and café. Museum entrance fee is \$12 if we get 10+ people, otherwise it is \$19.50. After the museum we are off to Downtown Portsmouth for shopping and some great restaurants. Lunch on your own. Van leaves VC at 9am, CC at 9:15am, returning between 4:30-5 pm. Van fee is \$15. First come, first served. Entrance fee for museum and van are due on the day of the trip. Contact Joanne (978) 371-8023 to register. Deadline to register is May 16.

FOOD COURT

If you have registered for a lunch or event and cannot attend, please call the COA as soon as possible at (978) 371-2895. If you need a ride to a lunch or event, please call the COA Van Line at (978) 371-6690 or email: coaride@carlisle.mec.edu ASAP.



Monthly Coffee Wednesday, April 5, 9am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court. Please park on Church St., or, if handicapped, in front of Unit 6. This coffee is hosted by Carlisle Public School Administration.

Chelmsford Crossing Lunch Thursday, April 6, 12pm

Minuteman Senior Services and FRS are hosting lunch cooked by Chelmsford Crossing. Menu: lobster roll, potato salad, cole slaw, watermelon and dessert. *Please register at (978) 371-2895 by noon on Thursday, March 30.* Suggested donation: \$3. **Following lunch:** Gene Stamell has been sharing his music, both original and popular songs over 40 years. Accompanied by his guitar, Gene sings of love, loss, family, humorous events, sports, and everything in between! Gene taught in the Carlisle School System for 32 years.

"SENIOR MOMENTS" at



Monday, April 10 & 24, 9:30-11am

A casual coffee drop-in for Carlisle seniors 60+. **FREE** goodies provided by the Carlisle COA. Ferns gives 10% off coffee to senior attendees.



Minuteman Tech Lunch Wednesday, April 12, 11:30am

Choose from meals created with great care by the culinary arts students at Minuteman Tech. Call the COA at (978) 371-2895 by Wednesday, April 5 to register. Menu: baked haddock, chicken cordon bleu or vegetarian meal based on seasonal vegetables along with starch, chef's choice. **Cost:** meal \$5 / soda \$1 (subsidized by COA grant) plus tip, payable at school. ***Please note the COA is obligated to pay for any meal that is cancelled within two days of the event. Therefore, if you registered, please make a serious effort to notify us before the two business days if you cannot attend. Photo ID (driver's license, state-issued ID or passport) required.***



Men's Breakfast Thursday, April 13, 8am

Stop by for a delicious and hearty breakfast prepared by volunteer chef Dana Smith. Breakfast held at the Sleeper Room at Village Court. Please park on Church St. Suggested donation: \$3. Bring a friend!

There is no sincerer love than the love of food. George Bernard Shaw

COA Luncheon Thursday, April 20 11:45am



The
Singing Trooper

Join us at FRS and enjoy the company of your senior friends & neighbors. This meal is run by our wonderful team of COA Volunteers. Menu cooked by Chelmsford Crossing: stuffed chicken breast, starch & vegetable and cold/hot drinks. Dessert provided and served by Carlisle's Pack 135 Cub Scouts. Suggested seniors donation: \$3. To register call the COA at (978) 371-2895 by noon Thursday, April 13. **Following lunch:** Sgt. Daniel M. Clark known as 'The Singing Trooper' will inspire you with a musical journey from Patriotic to Broadway, Italian to Irish songs, along with a Military Tribute.

Monthly Coffee Wednesday, May 3, 9am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Court. Please park on Church St., or, if handicapped, in front of Unit 6. This coffee is hosted by Elizabeth Acquaviva & Friends.

Nashoba Tech Lunch Wednesday, May 10, 11:45am



Choose from meals created with great care by the culinary arts students at Nashoba Tech. Call the COA at (978) 371-2895 no later than noon, Wednesday, May 3 to register. Menu: chicken piccata, broiled salmon Dijonnaise with potato & vegetables or vegetarian meal along with starch, chef's choice. **Cost:** meal \$5 / soda \$1 (subsidized by COA grant) plus tip, payable at school.

****NOTE:** COA Lunches, Monthly Coffees, Men's and Women's Breakfasts, are sponsored in part by the Friends of Carlisle COA, the Council on Aging, and other private donations. If you are attending an event at the Sleeper Room at Village Court, please park on the street as parking in Village Court are for residents only. Thank you. Please call the COA at (978) 371-2895 to register as noted.

FOOD COURT Cont., & Miscellaneous Info/Activities

If you have registered for a lunch or event and cannot attend, please call the COA as soon as possible at (978) 371-2895. If you need a ride to a lunch or event, please call the COA Van Line at (978) 371-6690 or email: coaride@carlisle.mec.edu ASAP.

Chelmsford Crossing Lunch

Thursday, May 4, 12pm

Minuteman Senior Services and St. Irene are hosting lunch cooked by Chelmsford Crossing. Menu: Swedish meatballs, egg noodles, mixed beans, dinner roll and dessert. Please register at (978) 371-2895 by noon on Thursday, April 27. Suggested donation: \$3. **Following lunch:** Tommy Rull, Singer/Entertainer. "A Musical Journey Through The Years" funded by a grant from the Carlisle Local Cultural Council and the Massachusetts Cultural Council. Enjoy an hour show featuring the songs of Sinatra, Neil Diamond, Engelbert, Elvis, Louis Armstrong, Barry Manilow, Harry Belafonte, Lou Rawls, Kenny Rogers, Dean Martin, Perry Como, Paul McCartney, Paul Anka, Barry White and many others.



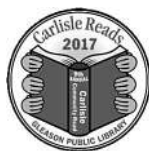
Drop-In Knitting Group @ GPL

1st & 3rd Fridays, 10:15am-12pm



Drop-in knitting group every 1st and 3rd Friday at the Gleason Public Library, Hollis Room. Come share your expertise, see what others are working on, and socialize with friends and neighbors. This group is led by Jackie Engelhardt. Any questions, you can reach Jackie at jpengelhardt39@gmail.com.

Community Book Club @ Gleason Library



Monday, April 10, 10:30am

American Spring

by Walter R. Borneman

2017 Carlisle Community Read



For info contact Mary Zoll, (978) 369-5236.

Knitting in Service Society

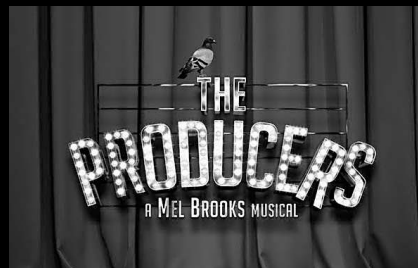
Thursday, April 20, 7:30pm

Know how to knit or want to learn? Knitting in Service Society (KISS) is a group of girls and women who has been knitting hats/scarves since 2006 to benefit Boston's homeless through Common Cathedral. For meeting location, please contact Angela at the COA at (978) 371-2895.

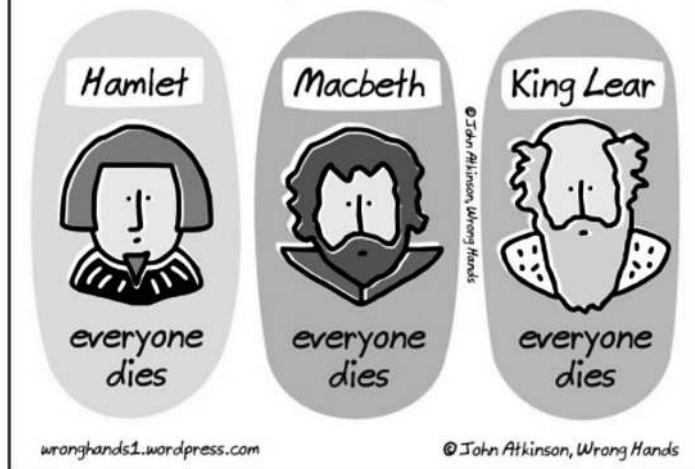
Concord Players Senior Open Dress Rehearsal of *The Producers*

Thursday, April 27 at 8pm

51 Walden St., Concord. \$5 at the door.



Shakespeare spoilers



Need Help with Spring Yard Work?

Carlisle School teacher Mr. Gale & the 6th Grade Advisory Group will provide community service to 4 or 5 seniors with one-time yard work this spring. First come, first served. Preference given to new clients. Call (978) 371-2895 and put your name on this list.



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OUTREACH with Angela

"It Always Seems Too Early, Until It's Too Late."

Did you know that April 16-22 is National Healthcare Decisions Week? The theme for 2017 is "It Always Seems Too Early, Until It's Too Late." It is critical that each of us document our End of Life wishes. This is a gift to your family, and honestly to yourself. If you have a family, they will want to handle things in a manner that will please you, and if you don't tell them, you make taking care of you **very** difficult, and you may very well tie their hands if you didn't assign a health care proxy. If you don't have a family, you definitely need to assign someone to speak for you. You may feel that you have plenty of time; but the reality is accidents happen, folks unexpectedly get ill. We really never know our future.

There are lots of ways to document your wishes. Linda-Butterworth Till, a Carlisle Attorney, is offering the first 10 Carlisleans a free Health Care Proxy and Living Will during May (call the COA to see if we have openings). You can reach out to Linda or other attorneys to prepare these documents. Minuteman Senior Services (<https://www.minutemansenior.org/resources/health-care-planning>) offers Health Care Planning documents including Health Care Proxy, Living Will, and a MOLST (This is a medical order and a document for adults with serious or terminal illness, in which you talk with your clinician and write down your choices about the use of life-sustaining treatments. You complete a MOLST form with your clinician.)

You can also use a Five Wishes document (<https://agingwithdignity.org/five-wishes/about-five-wishes>). Five Wishes is another form of a living will written in everyday language. It helps people express their wishes in areas that matter most — the personal and spiritual in addition to the medical and legal. It also helps you describe what good care means to you, whether you are seriously ill or not. It allows your caregiver to know exactly what you want. I have some copies of blank Five Wishes document (thanks to the Friends of the Council on Aging) or you can even input a Five Wishes document online, at the above referenced web site.

Finally there are professionals who can help individuals and families discuss and plan for end of life. We can provide you names and contact information if you would like. No matter what you do, please ensure that you have your wishes documented and that you family or friends know where these documents are.

Best wishes for a lovely spring,
Angela



COMMUNITY EVENTS/COMMUNITY CONVERSATIONS

Balance your Brain, Balance your Spine, Enhance your Health

**Tuesday, April 25, 1:30pm
Gleason Public Library**



Chiropractor Deborah Diamond, D.C., presents "Balance your Brain, Balance your Spine, Enhance your Health," a program she uses in her Acton practice to help patients overcome numerous problems including back pain, neck pain, stiffness, fatigue, sleeping problems and more through touch and massage. Bring your questions about spinal balance, skeletal wellness, and how her method can help you to feel healthier and more comfortable.



**Social Security:
Yours Questions Answered
Tuesday, May 23, 7pm
Gleason Public Library**

Spirituality & Aging - Part II

Tuesday, May 9, 1:30pm, Gleason Library

As we age, our world changes. Our children grow up, our friends move away, we cope with many challenges. Anne Marie Rowse, chaplain and certified care manager will lead an interactive talk on the importance of figuring out what will work for you in finding inner spirituality and peace. We had a successful "Spirituality and Aging - Part I" program where we shared strategies for grief and what works for some may help others. In Part II we will look at biblical scripture that may help us as we age as well as an interactive talk on other religious and non-religious traditions. This program is **FREE** and light refreshments will be served courtesy of Anne Marie. Please call the COA at (978) 371-2895 to register by noon, Friday, April 28th. For more info please email Anne Marie at amarowse@charter.net.

COMMUNITY EVENTS/COMMUNITY CONVERSATIONS Cont.

Discover Clark Farm - From 19th-Century Dairy Farm to 21st-Century Agricultural Hub

Tuesday, May 16, 1:30pm, Clark Farm



Carlisle's iconic Clark Farm dates back centuries.....and yet so much is happening there that's new! On a visit to the farm, you'll meet resident farmer Andrew Rodgers, who will talk about how he revived this old farmstead and has made it into one of Carlisle's most productive working farms, with diversified organically grown crops, livestock, and a Community Supported Agriculture (CSA) used by much of the community. Tour the classic 1850s barn, see some baby animals and farm equipment, meet some of the local and international farmhands, and learn about current farming practices. Those who remember Dot and Guy Clark are encouraged to share stories! (Although there will be opportunities to walk around and explore, those who prefer to stay seated may do so.) Please call the COA at (978) 371-2895 to register.

COMMUNITY EVENTS

Carlisle Social Hour

Monday, April 3, Benfield, 2:30pm



Come to the Carlisle Social Hour on Monday, April 3 at 2:30pm. This pilot program is for seniors who are widows, divorced or living alone or just want to meet other wonderful people. Join your neighbors and make some friends or get reacquainted with some old friends. Light refreshments will be provided. Feel free to bring a friend and enjoy. No registration required, just show up at the 1st Floor Community Room at Benfield Farms, 575 South Street.

French Language

Club

**Wednesday,
April 26, 4pm**

If you speak French or would like to, please come to Benfield Farms, 1st Floor Community Room. Register by calling the COA at (978) 371-2895.



Silk Scarf Painting ~ First Timers Only

Friday, April 7, 1:30pm, Town Hall

Let your creative side shine through! Join Karen Halloran, Community Liaison from CareOne at Concord, for a complimentary silk scarf painting class. No experience necessary and all materials included. Thanks to CareOne! Please call the COA (978) 371-2895 to register by Friday, March 31. Class size is limited.



Silk Scarf Painting ~ Open to All

**Friday, April 28, 1:30pm
@ CareOne in Concord**



First-timers & second-timers alike, join Karen Halloran, Community Liaison of CareOne at their Concord location (57 Old Rd to 9 Acre Corner) for a complimentary silk scarf painting class. No experience necessary and all materials included. Thanks to CareOne! Please call the COA (978) 371-2895 to register by Friday, April 21. Class size is limited.



Art in Bloom Roadshow - Tuesday, April 25, 10:30am

The Museum of Fine Arts (MFA), Boston, is coming to Carlisle to present the Art in Bloom Roadshow! Please come to the Congregational Church on Tuesday, April 25 at 10:30am for this **FREE** presentation and be delighted with a floral interpretation of one of the MFA's special paintings, *all ages welcomed*. This event will conclude with a raffle of the floral arrangement. Please register by calling (978) 371-2895 by no later than Tuesday, April 18.



More COMMUNITY EVENTS

Carlisle (Outside) Walking Group Thursdays, 9:30am, Center Park

Join the Carlisle Walking Group on Thursday mornings at 9:30am at Center Park for about a two hour walk at a moderate pace. We will continue walking on the Carlisle trails needed for you to earn the Carlisle Trekker Award until May 25. If you wish to keep a log for the award, it may be found in the latest *Carlisle Trails Committee Trail Guide*. This is available from Ferns and the Town Clerk's office. The log is also available online from the Carlisle Trails Committee website, <http://carlisletrails.pbwiki.com/>. Please contact Jane Anderson (978) 369-9672, jane.anders@comcast.net or Helen Young (978) 369-6147 if you have questions.



May is National Elder Law Month

Linda Butterworth-Till, Attorney-at-Law, has generously offered to prepare Health Care Proxies and Living Wills for the first 10 Carlisleans who call the COA at (978) 371-2895. If you don't already have these documents, they are **very important** so please take advantage of this **FREE** and generous offer.

NEEDED - Your Emergency Contact Info

Have you given the COA your emergency contact info? If not, please take the time to call, email or mail the name, relationship, and phone numbers of your emergency contacts. Recently someone became ill and the police called looking for their emergency contacts and luckily we had them on file, but very often we do not. We keep this info strictly confidential.

EMERGENCY CONTACTS

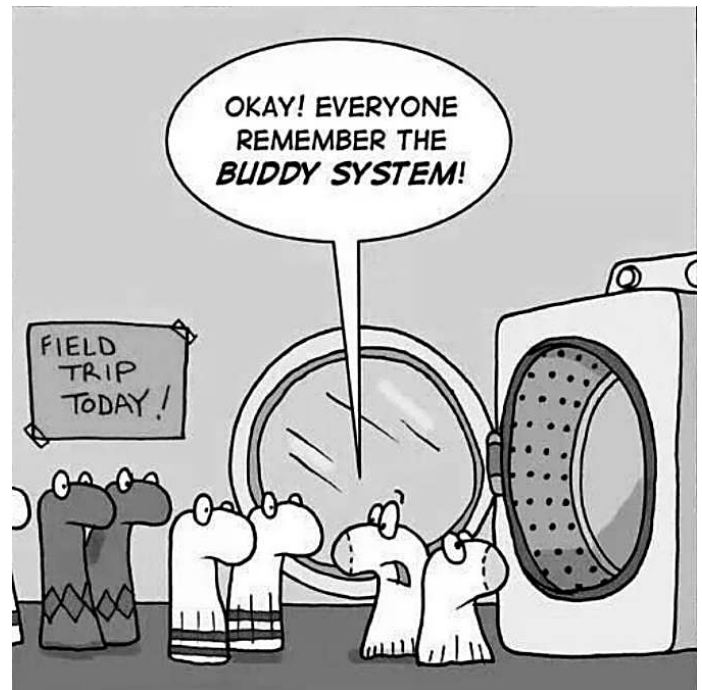


Friendly Visitor for You?

Lonely? Like to have someone visit occasionally; enjoy time chatting with one or two young moms (who might even have children with them sometimes.) For more info call Angela at (978) 371-2895 to discuss and learn how to be connected with these generous volunteers to find a mutually agreeable time.

Carlisle Community Chorus Tuesday, May 9, 7:30pm, CPS

On Tuesday, May 9, the Carlisle Community Chorus will perform its spring concert entitled "100 Years of Broadway" in the Carlisle Public School's Corey Auditorium. Free and open to the public. Donations to our non-profit choral group are always appreciated. Please also consider bringing a goodwill donation of non-perishable food or personal hygiene items for the Merrimack Valley Food Bank.



FOCCOA Annual Meeting Sunday, May 21, 3pm

The Friends of the Carlisle Council on Aging will hold its Annual Meeting on Sunday, May 21 from 3-5pm Benfield Farms. Tim Hult will be the guest speaker and will reflect on Carlisle: its past, where we are today, and how we will move forward. We invite you to join us for this timely discussion and to continue the conversation with your friends and neighbors while enjoying refreshments. RSVP by May 25 to Nancy Jaysane at madjay@aol.com or (978) 369-5078.

FOR YOUR HEALTH

EXERCISE CLASSES - Mind & Body



Note: To sign up for the following programs, call the COA office at (978) 371-2895 (minimum # required to hold each exercise class). Stop in and try a class/day for **FREE**! If you start mid-session, call for prorated fee.

MONDAYS

April 3, 10, 24 @ FRS (No Tap Class 4/17)

Intergenerational Tap - 1:30pm. Beginners welcome! Taught by Katrina Rotondi. Fee: \$40 (March-May).

TUESDAYS

April 4, 11, 18, 25 @ St. Irene

Zumba Gold - 10:45am. Taught by Zumba Certified Instructor Katrina Rotondi. Fee: \$40 (March-May).

Tai Chi - 12:30pm. Taught by Linda Sango. Wear loose fitting clothing, soft soled shoes. Fee: \$40 (March-May).

WEDNESDAYS

April 5, 12, 19, 26 (No Yoga Class 4/19 & 4/26)

Yoga - 9:30am, Benfield. Fee: Session II (3/8-4/12): \$30 for Carlisle seniors. *Call the Rec. Dept. to register (978) 369-9815. Check payable to Carlisle Rec. Dept.*

Line Dancing - 1:45pm, St. Irene. 4/5 Line Dancing class at FRS. No experience or partner required. Instructor: Katrina Rotondi. Fee: \$40 (March-May).

THURSDAYS

April 6, 13, 20, 27

Fitness Class - 9:45am, Town Hall, Clark Room. Great for all ability levels, may be done in a chair. Instructor: Katrina Rotondi. Fee: \$40 (March-May).

Cardio-Boost Class - 10:45am, Congregational Church. A heart-healthy, aerobic workout. Bring hand weights and wear comfortable clothes. Instructor: Katrina Rotondi. Fee: \$40 (March-May).

FRIDAYS

April 7, 21, 24 @ Town Hall (No SAMA Class 4/14)

SAMA (Senior Approach to Maintaining Agility) - 10:45am, Town Hall, Clark Room. A fitness class which focuses on balance, strength and flexibility. 50+ welcome. Taught by Sensei Sarah



Walking @ Carlisle School Gym

Monday-Friday, 6:45-7:30am

To walk you **MUST** call David Flannery (978) 371-2279 after 4pm the day before or before 5am the day you want to walk. In case of fire, exit the gym door and go to the parking area adjoining Spalding field.

FREE Blood Pressure Clinics

Wednesday, April 5, 9am

COA Coffee, Sleeper Room, sponsored by Life Care Center of Nashoba Valley.

Thursday, April 6, 11:30am

Chelmsford Crossing Lunch, CC sponsored by a COA Volunteer.

Thursday, April 13, 8am

Men's Breakfast, Sleeper Room, sponsored by Home Instead.

Thursday, April 20, 11am

COA Monthly Lunch, FRS, sponsored by FOCCOA & Emerson Home Care.

Monday, April 24, 10am

Senior Moments, Ferns Sponsored by Right at Home

Podiatry Clinic @ Benfield Farm

Mon., May 1 & Tues., May 2

For an appt. call the COA *ASAP* at (978) 371-2895. **Cost:** \$20 (partially funded by FOCCA), payable to "Carlisle COA" day of clinic. For Carlisle "60+ residents." 🦶🦶



Hair Cuts on the Go!

Mon., May 8, by appt.






Suzanne Hickey & Georgia Triantafilles provide haircuts to seniors for \$10.50. Hair appt. is 15 mins. Call the COA at (978) 371-2895 for your appt. between 9am & 11:30am at Town Hall.

Tax Day is Tuesday, April 18

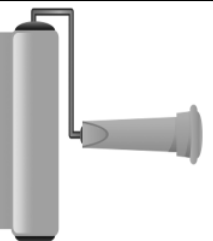
To find a tax preparation site, visit the **AARP Foundation Tax-Aide** webpage: www.aarp.org/money/taxes/aarp_taxaide/ or call toll-free (888) 227-7669. There are AARP tax-aid sites at the Senior Centers in Bedford (781) 275-6825 & Chelmsford (978) 251-0533 as well as the Bedford & Chelmsford Library (reservations required, so call for an appointment as soon as possible).



APRIL 2017

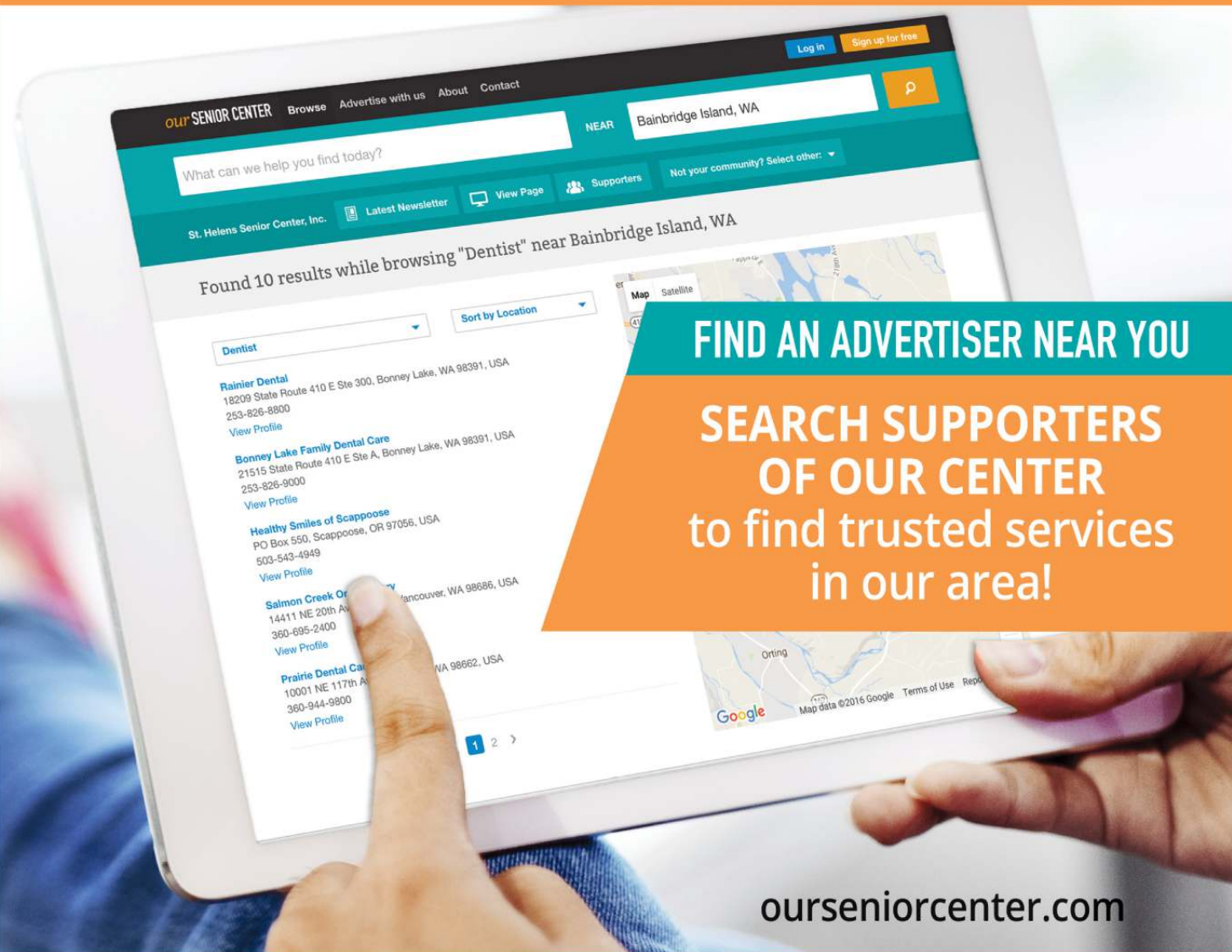
SU	MON	TUE	WED	THU	FRI	SA
	NOTE: Inside walking. Mon.-Fri. 6:45-7:30am, CPS. See pg. 9 for info.					1
2	3 CCHS Poetry: 9am Restaurant Review: Ken's NY Deli, VC 10:45am, CC 11am Tap: 1:30pm Social Hour: 2:30pm, Benfield Farms	4 Sr. Poetry Grp: 10am Zumba: 10:45am Tai Chi: 12:30pm	5 Coffee & BP: 9am Yoga: 9:30am Altar Boyz @ Stoneham Theatre: VC 11:15am, CC 11:30am, ARTMATTERS: 1:30pm, Surrealism St. Irene (Snow Date) Line Dancing: 1:45pm @ FRS	6 Walking Grp: 9:30am Fitness: 9:45am Cardio: 10:45am Chelmsford Crossing: 12pm, BP 11:30am, CC; <i>after lunch:</i> Singer Gene Stamell	7 Grocery Shopping: 9am Drop-In Knitting: 10:15am, GPL SAMA: 10:45am Silk Scarf Painting, 1:30pm, Town Hall	8
9	10 CCHS Poetry: 9am Sr. Moments: 9:30am Book Club: 10:30am Tap: 1:30pm Passover Begins 	11 Zumba: 10:45am Tai Chi: 12:30pm Spring Lecture: <i>Oh My</i> <i>Aching Back!</i> , 1:30pm, Gleason Public Library	12 Yoga: 9:30am Minuteman Tech Lunch: 11:30am Line Dancing: 1:45pm	13 Walking Grp: 9:30am Men's Brkfst & BP: 8am Fitness: 9:45am Cardio: 10:45am	14 Grocery Shopping: 9am NO SAMA	15
16	17 TOWN HALL & COA CLOSED Patriots' Day  EASTER 	18 Zumba: 10:45am Tai Chi: 12:30pm COA Board Meeting: 7pm, Town Hall  Passover Ends	19 NO Yoga Old Mill Restaurant Day Trip: VC 10:15am, CC 10:30am Line Dancing: 1:45pm 	20 Walking Grp: 9:30am Fitness: 9:45am Cardio: 10:45am COA Lunch: 11:45am, BP 11am, FRS; <i>after</i> <i>lunch:</i> The Singing Trooper - Dan Clark KISS: 7:30pm	21 Grocery Shopping: 9am Drop-In Knitting: 10:15am, GPL SAMA: 10:45am	22
23	24 Sr. Moments: 9:30am, BP 10:am Tap: 1:30pm	25 Art in Bloom Roadshow: 10:30am, Cong. Church Zumba: 10:45am Tai Chi: 12:30pm Comm. Conversation: 1:30pm, Spine Health, Gleason Public Library	26 NO Yoga Line Dancing: 1:45pm Spring Lecture: <i>From</i> <i>Paganini to Penguins,</i> 1:30pm, Gleason Lib. French Club: 4pm	27 Walking Grp: 9:30am Fitness: 9:45am Cardio: 10:45am Student Council Tea: 1pm, CPS Concord Players Open Rehearsal: <i>The Producers</i> , 8pm, 81 Walden, Concord	28 Grocery Shopping: 9am SAMA: 10:45am Silk Scarf Painting, 1:30pm, CareOne, Concord	29
30						

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253-826-9000
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2017 Carlisle *Spring* Lecture Series

The Friends of the Carlisle COA and the Friends of the Gleason Public Library invite you to the 13th Annual Carlisle Spring Lecture Series at the Gleason Public Library, Hollis Room. Please call the Library at (978) 369-4898 or visit www.gleasonlibrary.org to reserve your spot. Refreshments provided by Life Care Center of Acton.



Tuesday, April 11, 1:30pm: *Oh, My Aching Back!* Attendees will explore the latest treatment options with Robert Whitmore, MD, Lahey neurosurgeon and Arthur Lee, DO, interventional physiatrist, both with the Emerson Spine Program. Discover contemporary techniques including injections and rehabilitative and complementary therapies, which help relieve pain and improve mobility.



Wednesday, April 26, 1:30pm: *From Paganini to Penguins: An Emergency Medicine Doctor's Travels with the BSO and Beyond.* Dr. Robert Partridge, MD, MPH, FACEP, will speak about his experiences as the travel physician for the Boston Symphony Orchestra and touch on other medical work he has done overseas as an emergency physician. Dr. Partridge will also discuss emergency medicine issues closer to home, including when to visit the Emergency Dept. and what to expect when you get there. Dr. Partridge is staff physician at Emerson Hospital and at Rhode Island Hospital.

Looking for a Few Good FOCCOA Board Members

Do you have an adult son or daughter who lives in town who might be interested in getting involved in some pressing issues? The Friends of the Council on Aging (FOCCOA) could be the place to start. We are looking for a board member(s) who would help us to reach across the generational divide. The experience gained from serving on this Board could help to prepare someone for future service to the town. It might only take a little encouragement from you!



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